## SRAE 2021 Toolkit – Love Notes Correlation

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  - 11.3 - Understanding Sexual Regrets  
  Lesson 12 - Pregnancy, STIs and HIV  
  - 12.2 - STIs and HIV Are for Real  
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| **How to Refrain from Non-Marital Sexual Activity** | Lesson 2 - Knowing Yourself  
  Lesson 4 - Attractions and Starting Relationships  
  - 4.1 - Relationship Pyramid  
  - 4.2 - The Chemistry of Attraction  
  Lesson 5 - Principles of Smart Relationships  
  Lesson 6 - Is It a Healthy Relationship?  
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  - 11.2 - The Six Parts of Intimacy  
  - 11.3 - Understanding Sexual Regrets  
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  - 1.3 - Choosing Reds or Greens?  
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  - 4.2 - The Chemistry of Attraction  
  Lesson 5 - Principles of a Smart Relationship  
  - 5.3 - Seven Questions to Ask  
  Lesson 6 - Is It a Healthy Relationship?  
  - 6.3 - Breaking Up  
  Lesson 7 - Dangerous Love  
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Lesson 8 - Decide, Don't Slide! The Low Risk Approach to Relationships
• 8.2 - The Success Sequence
• 8.3 - The Low-Risk Deciding Approach
• 8.5 - Making Decisions

Lesson 9 - What's Communication Got to Do With It?
• 9.2 - Angry Brains and The Power of Time Outs
• 9.3 - The Speaker Listener Technique—When Talking Is Difficult

Lesson 10 - Communication Challenges and More
• 10.2 - Complain and Raise Issues Effectively
• 10.3 - Hidden Issues: What Pushes Your Button?
• 10.4 - A Problem-Solving Model

Lesson 11 - Let's Talk about Sex
• 11.3 - Understanding Sexual Regrets
• 11.4 - Are We on the Same Page?
• 11.5 - Risky Situations for Sex
• 11.6 - Set Your Personal Line

Lesson 12 - Pregnancy, STIs and HIV
• 12.1 - Test Your Knowledge About Sex, Pregnancy, and STIs/HIV
• 12.4 - Pressure Situations and Assertiveness Skills
• 12.5 - My Personal Plan

Lesson 13 - Through the Eyes of a Child
• 13.4 - Child Speak: Brighter Futures

Benefits of Avoiding Non-Marital Sex

Lesson 1 - Relationships Today
• 1.2 - Defining a Vision
• 1.2 - Vision Building

Lesson 3 - My Expectations—My Future
• 3.3 - Myself - My Future

Lesson 8 - Decide, Don't Slide! The Low-Risk Approach to Relationships
• 8.5 - Making Decisions

Lesson 11 - Let’s Talk About Sex
• 11.3 – Understanding Sexual Regrets
• 11.6 - Set Your Personal Line

Lesson 12 – Pregnancy, STIs and HIV
• 10.2 – STIs and HIV are for Real

Lesson 13 - Through the Eyes of a Child
• 13.4 – Child Speak: Brighter Futures
• 13.6 - Success Planning
• Success Sequencing for Poverty Prevention

Lesson 1 - Relationships Today
- 1.2 - Defining a Vision
- 1.2 - Vision Building

Lesson 3 - My Expectations—My Future
- 3.3 - Myself - My Future

Lesson 8 - Decide, Don't Slide! The Low-Risk Approach to Relationships
- 8.2 - The Success Sequence
- 8.5 - Making Decisions

Lesson 11 - Let's Talk About Sex
- 11.6 - Set Your Personal Line
- 11.6 - Drawing My Line

Lesson 13 - Through the Eyes of a Child
- 13.6 - Success Planning

• Healthy Relationships

Lesson 1 - Relationships Today
- 1.1 - Relationships Today
- 1.2 - Defining a Vision (of Relationships)
- 1.3 - Choosing Reds or Greens?

Lesson 2 - Knowing Yourself
- 2.1 - Good Relationships Start with You

Lesson 4 Attractions and Starting Relationships
- 4.1 - Relationship Pyramid
- 4.2 - The Chemistry of Attraction

Lesson 5 - Principles of Smart Relationships
- 5.1 - Smart or Not-So-Smart?
- 5.4 - Seven Questions to Ask

Lesson 6 - Is it a Healthy Relationship?
- 6.1 - How Can You Tell?
- 6.3 - Breaking Up

Lesson 7 - Dangerous Love
- 7.1 - Early Warnings and Red Flags
- 7.2 - Violence: Why it Happens, What Helps, Signs of Greatest Danger
- 7.4 - Dangerous Love: Impact on Children
- 7.5 - Draw the Line of Respect

Lesson 8 - Decide, Don't Slide! The Low-Risk Approach to Relationships
- 8.1 - The High Costs of Sliding
- 8.3 - The Low-Risk Deciding Approach
- 8.5 - Making Decisions

Lesson 9 - What's Communication Got to Do With It?
- 9.1 - What's Communication Got to Do with It?

Lesson 10 - Communication Challenges and More Skills
- 10.1 - Communication Patterns Learned in Family
Lesson 11 - Let's Talk about Sex
• 11.2 - Six Parts of Intimacy
• 11.4 - Are We on the Same Page?
• 11.5 - Set Your Personal Line
Lesson 12 - Pregnancy, STI and HIV
• 12.4 - Pressure Situations and Assertiveness Skills
• 12.5 - My Personal Plan
Lesson 13 - Through the Eyes of a Child
• 13.1 - Child Looking for Family

- Goal Setting
Lesson 1 - Relationships Today
• 1.2 - Defining a Vision
• 1.2 - Vision Building
Lesson 3 - My Expectations—My Future
• 3.3 - Myself - My Future
Lesson 8 - Decide, Don't Slide! The Low-Risk Approach to Relationships
• 8.5 - Making Decisions
Lesson 11 - Let’s Talk About Sex
• 11.6 - Set Your Personal Line
• 11.6 - Drawing My Line
Lesson 13 - Through the Eyes of a Child
• 13.6 - Success Planning

- Resisting Sexual Coercion
Lesson 3 - My Expectations—My Future
• 3.2 - Reasonable or Unreasonable?
Lesson 7 – Dangerous Love
• 7.1 - Early Warnings and Red Flags
• 7.5 – Draw the Line of Respect
Lesson 8 - Decide, Don’t Slide! The Low-Risk Approach to Relationships
• 8.1 - The High Costs of Sliding
• 8.3 – The Low-Risk Deciding Approach
Lesson 11 - Let’s Talk About Sex
• 11.3 - Understanding Sexual Regrets

- Dating Violence
Lesson 7 - Dangerous Love
• 7.1 – Early Warnings and Red Flags
• 7.2 – Violence: Why it Happens, What Helps, Signs of Greatest Danger
• 7.3 – Sexual Assault
• 7.4 – Dangerous Love: Impact on Children
• 7.5 - Draw the Line of Respect
**Lesson 9 - What’s Communication Got to Do With It?**
- 9.3 - The Speaker Listener Technique—When Talking is Difficult

**Lesson 10 - Communication Challenges and More Skills**
- 10.3 – Hidden Issues: What Pushes Your Button?

**Lesson 12 - Pregnancy, STIs and HIV**
- 12.4 - Pressure Situations and Assertiveness Skills

### Not Promote, Encourage, or Normalize Teen Sexual Activity

**Lesson 8 – Decide, Don’t Slide! The Low-Risk Approach to Relationships**
- 8.1 – The High Costs of Sliding
- 8.2 – The Success Sequence

**Lesson 11 - Let’s Talk About Sex**
- 11.1 - Sex and Sliding
- 11.2 - Six Parts of Intimacy
- 11.6 - Set Your Personal Line

### Program Elements That Impact Abstinence

**Lesson 8 – Decide, Don’t Slide! The Low-Risk Approach to Relationships**
- 8.1 – The High Costs of Sliding
- 8.2 – The Success Sequence

**Lesson 11 - Let’s Talk About Sex**
- 11.1 - Sex and Sliding
- 11.2 - Six Parts of Intimacy
- 11.6 - Set Your Personal Line

**Lesson 12 - Pregnancy, STIs and HIV**
- 12.1 – Test Your Knowledge About Sex, Pregnancy, and STIs/HIV
- 12.5 – My Personal Plan
**SRAE Program Requirements – Love Notes**

- **Evidence-Based**
  Love Notes is the only evidence-based curriculum that the Department of Health and Human Services, Office of Adolescent Health has evaluated that has both reduced the teen pregnancy rate by 46%, increased the number of previously sexually active teens who chose to stop having sex and increased the percentage of teens who had not been sexually active and who chose to remain abstinent, when compared to the control group. (https://www.dibbleinstitute.org/ebp-current-research/)

- **Positive Youth Development**
  Through Love Notes, youth acquire the skills, behaviors, and attitudes that enable them to learn and grow in self-knowledge, social interaction, and physical and emotional health. Youth understand the relationship between their individual strengths and desires and their future goals, and have the skills to act on that understanding. Youth demonstrate the ability to make informed decisions for themselves. To see how Love Notes correlates with the Positive Youth Development standards visit: https://www.dibbleinstitute.org/wp-new/wp-content/uploads/2020/04/2020-PYD-LN-SRA.pdf

- **Healthy Life Skills**
  Love Notes is a holistic approach to sexual risk avoidance and sexual risk reduction. It directly addresses the social and emotional sides of sex in every lesson so that young people understand how to protect their hearts as well as their long-term aspirations.

  **Lesson 2 - Knowing Yourself**
  - 2.2 - Understanding My Personality Style

  **Lesson 7 - Dangerous Love**
  - 7.5 - Draw The Line of Respect

  **Lesson 9 - What’s Communication Got to Do With It?**
  - 9.3 - The Speaker Listener Technique—When Talking is Difficult

  **Lesson 12 - Pregnancy, STIs and HIV**
  - 12.4 - Pressure Situations and Assertiveness Skills
• **Address the trauma needs of vulnerable youth**

  Love Notes gives teens tools to understand the impact of their past and future. Using activities to teach how to capitalize on the negative factors in their lives.

  **Lesson 1 - Relationships Today**
  • 1.2 - Defining a Vision
  • 1.2 - Vision Building

  **Lesson 3 - My Expectations—My Future**
  • 3.3 - Myself - My Future

  **Lesson 8 - Decide, Don’t Slide! The Low-Risk Approach to Relationships**
  • 8.5 - Making Decisions

  **Lesson 10 – Communication Challenges and More Skills**
  • 10.3 - Hidden Issues: What Pushes Your Button?

  **Lesson 11 - Let’s Talk About Sex**
  • 1.6 - Set Your Personal Line

  **Lesson 13 - Through the Eyes of a Child**
  • 13.6 - Success Planning

*Additional tools to address the trauma needs of vulnerable youth are available by including parts of the *Mind Matters* program.

• **Risk Factors that are Known to Influence Sexual Activity**

  Love Notes builds on a base of medically accurate information relative to HIV/STD/pregnancy with additional skills and knowledge that address personal values, perception of peer sexual activity, activities to connect teens with parents or other trusted adults, refusal skills and skills to avoid unsafe situations.

  **Lesson 12 - Pregnancy, STIs and HIV**
  • 12.3 – Alcohol and Drugs—Increasing the Risks

• **Empower Participants to Make Healthy Decisions**

  Love Notes takes a holistic approach to a Healthy lifestyle by integrating a positive view on self, choices, safety, decisions, and plans life now and in the future.

  **Lesson 2 - Knowing Yourself**
  • 2.2 - Understanding My Personality Style

  **Lesson 3 - My Expectations—My Future**
  • 3.2 - Reasonable or Unreasonable?

  **Lesson 7 - Dangerous Love**
  • 7.5 - Draw The Line of Respect

  **Lesson 9 - What’s Communication Got to Do With It?**
  • 9.3 - The Speaker Listener Technique—When Talking is Difficult

  **Lesson 12 - Pregnancy, STIs and HIV**
  • 12.4 - Pressure Situations and Assertiveness Skills
• **Provide Tools and Resources to Prevent Pregnancy and STIs**

Love Notes clearly articulates the message and builds skills to motivate youth to avoid STDs and pregnancy. All lessons contain medically accurate information and, uniquely, build motivation by focusing on the needs of children for safe and stable family lives.

**Lesson 4 - Attractions and Starting Relationships**
- 4.1 - Relationship Pyramid

**Lesson 11 - Let’s Talk About Sex**
- 11.3 - Understanding Sexual Regrets

**Lesson 12 - Pregnancy, STIs and HIV**
- 12.2 - STDs and HIV Are for Real

**Lesson 13 - Through the Eyes of a Child**
- 13.4 - Child Speak: Brighter Futures

• **Prevent Youth Engagement in Other Risky Behaviors**

Many times, youth engage in other risky behaviors to solve the problems in their life, smoking to self-sooth, high-risk behaviors to deal with depression. Relationship Smarts Plus allows youth to recognize these behaviors as ineffective methods to deal with these issues and provides other healthy alternative.

**Lesson 12 - Pregnancy, STIs and HIV**
- 12.3 – Alcohol and Drugs—Increasing the Risks